

# DEPARTMENT OF PUBLIC HEALTH

COUNTY OF SAN BERNARDINO



## Disease Control Section

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**PHD#: 08-104**

## For more information

**Contact for Clinic Information:** Pooneh Navab  
Health Educator, Immunization Program  
1-800-722-4794

## FOR IMMEDIATE RELEASE

# Vote No for Flu, Get Your Flu Shot Today!

## Flu Season begins in October

Vote no for flu, get your flu shot today! Don't let the flu slow you down this year! Flu shots can protect you and your family through spring 2009! The Department of Public Health sponsors low cost flu clinics throughout San Bernardino County beginning mid October 2008. The cost of the flu shot is \$5.00. In addition, three free flu clinics will be offered as an exercise for the county's pandemic influenza preparedness. For clinic locations and times, please visit the Department of Public Health website at [www.sbcounty.gov/dph](http://www.sbcounty.gov/dph) and go to "Vote No for Flu" section or call the Immunization Program at 1-800-722-4794, Monday through Friday from 8 A.M. to 5 P.M. for more information.

MARK UFFER  
County Administrative Officer

Board of Supervisors  
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Annual flu shots are recommended for:

- **Infants and children aged 6 months up to their 18<sup>th</sup> birthday (New Recommendation)**
- People 50 years of age and older
- People of any age with chronic medical conditions
- Pregnant women
- People who live in nursing homes and long-term care facilities
- Home care givers and health care workers who live with or care for those at high risk for complications from flu such as seniors and individuals with weakened immune systems
- Household contacts and out-of-home care givers of infants less than 6 months of age because these infants are too young to be vaccinated

The flu is a contagious respiratory illness caused by influenza viruses; symptoms can range from mild to severe and can lead to hospitalization and even death. On average, 5-20 percent of the U.S.A. population gets the flu virus. More than 200,000 people are hospitalized and 36,000 people die from flu and its complications every year.

A new flu shot is recommended every fall since the influenza vaccine components change yearly based on the expected viral strains circulating in the environment. The 2008-2009 flu vaccine protects against three different strains of the influenza virus. These are: A/Brisbane/59/2007 (H1N1)-like virus, A/Brisbane/10/2007 (H3N2)-like virus, and B/Florida/4/2006-like virus.

Remember, “Vote No for Flu” and get your flu vaccine today to protect yourself, family, coworkers, and others in the community from getting ill. Visit a clinic near you!